

Scout Activity Badges

2010





Bromley District Scouts Activity Badge Programme



In 2010, BDS Promotions[©] will be offering Scouts seven activity badges.




In some cases, this takes the form of examination only (Swimmer, Athlete) and, for others, a course over a number of weeks is included. In these cases, there is an expectation that Scouts make a commitment to attend every week. It will not be possible to do both Pioneer and Lifesaver activity badges this year as these run on the same evening.

If you would like to take part in any of these activity badges, you should complete the application form and return it either to your Scout Leader or directly to the ADC (Scouts).

Please note that places will be allocated on a first-come-first-served basis.

You do not need to sign up for Swimmer activity badge, simply turn up on the day.

If you have any questions, please either speak to your Scout Leader or contact –
James Allen, ADC (Scouts) – 07710-317596 – adc.scouts@bromleyscouts.org

	When?	Where?	Cost?	Places	Course Leader	Uniform & Clothing
 Artist	Tuesday evenings 7.00-9.00pm 23 rd February 2 nd , 9 th , 16 th , 23 rd March	14 th Bromley Scout HQ Thompson Hall Plaistow Lane, Bromley [opp. Bromley Cricket Club]	£15.00	20	Megan Smith	Scout scarf
 Circus skills	Tuesday evenings 7.00-9.00pm 23 rd February 2 nd , 9 th , 16 th , 23 rd March Saturday 20 th March	14 th Bromley Scout HQ Carey Scutt Hall Plaistow Lane, Bromley [opp. Bromley Cricket Club]	£30.00	35	Stephen Smith  Entertainment	Full Scout uniform
 Pioneer	Monday evenings 7.00-8.30pm 10 th , 17 th , 24 th May 7 th , 14 th , 21 st , 28 th June	Wilberforce Scout Centre Downe Road Keston Bromley, BR2 6AD	£10.00	24	Roger Richardson	Scout scarf Sturdy boots
 Mechanic	Tuesday evenings 7.30-9.00pm 11 th , 18 th , 25 th May 8 th June	15 th Bromley Scout HQ St Michael's Hall Nightingale Lane Bromley	£10.00	24	Keith Adams	Scout scarf Old clothes
 Athlete	Saturday 12 th June 2.00-6.00pm	Norman Park Athletics Track Hayes Lane Bromley BR2 9EF	£5.00	No limit	Tom Abbott	Scout scarf Sports wear
 Lifesaver	Monday evenings 7.15-9.15pm 7 th , 14 th , 21 st , 28 th June 5 th , 12 th July	West Wickham Leisure Centre Station Road West Wickham BR4 0PY	£35.00	12	James Allen Tony Elwood Barbara Morgan	Top-half uniform Swim costume
 Swimmer	Saturday 16 th October 6.00-9.00pm	Downham Leisure Centre Moorside Road Bromley BR1 5EP	£4.00	No limit	Kevin Burford	Scout scarf Swim costume



Pioneer Activity Badge



When?	Monday evenings, 7.00-8.30pm 10 th , 17 th , 24 th May 7 th , 14 th , 21 st , 28 th June 2010
Where?	Wilberforce Scout Centre, Downe Road, Keston, BR2 6AD
How much?	£10.00 per Scout
What?	<ul style="list-style-type: none">- 6 weeks covering all of the requirements listed below- Where possible, all activities will be outside- Wk 7 - exam for the activity badge- Badge and certificate included in the cost
Requirements	<ol style="list-style-type: none">1. As a member of a group, take part in the following:<ol style="list-style-type: none">a) An indoor pioneering project, for example, constructing a guided missile launcher or chariotb) An outdoor pioneering project, for example, building a monkey bridge, a raft, or parallel or aerial runway2. Demonstrate the following:<ol style="list-style-type: none">a) A whipping or safe rope sealingb) A splicec) The correct way to coil and store a roped) The use of simple blocks and tacklee) The use of levers to extract objects or move heavy weightsf) Anchorages for firm and soft groundg) An understanding of the need for supervision and safety in pioneering projects3. Name and tie at least 6 knots and 3 lashings useful in pioneering.
Course Leader	Roger Richardson



Mechanic Activity Badge



When?	Tuesday evenings, 7.30-9.00pm 11 th , 18 th , 25 th May 8 th June 2010
Where?	15 th Bromley Scout HQ, St Michael's Hall, Nightingale Lane, Bromley
How much?	£10.00 per Scout
What?	<ul style="list-style-type: none">- 4 weeks covering all of the requirements listed below- Training materials provided- Badge and certificate included in the cost- No prior knowledge or experience required
Requirements	<p>Alternative A - Motor Car</p> <ol style="list-style-type: none">1. Know the principles of operation of an internal combustion engine and understand the function of the clutch, gearbox and rear axle differential.2. Show how to check and refill the windscreen wash bottle of a car.3. Show how to change a bulb at the front and in the rear light cluster of a car.4. Show how to check the level of water in the radiator, 'top up' the radiator and know the importance of anti-freeze.5. Show how to check tyre pressures and inflate a tyre correctly.6. Remove and replace a road wheel.7. Explain what to look for when checking that a tyre conforms to the legal requirement. Understand the reason why cross and radial ply tyres should not be mixed on the same axle.8. Show how to change a wiper blade and replenish screen wash.9. Know the outline requirements for an MOT road test.
Course Leader	Keith Adams



Lifesaver Activity Badge

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Bothamley Cup Competition for Lifesaving

When?	Monday evenings, 7.15-9.15pm June: 7 th , 14 th , 21 st , 28 th ; July: 5 th , 12 th
Where?	West Wickham Leisure Centre Station Road, West Wickham, BR4 0PY
How much?	£35.00 per Scout
What?	<ul style="list-style-type: none"> - 5 weeks covering all of the requirements listed below - Pool activities (7.30-8.15); learning in the classroom (8.30-9.15) - Training materials provided - Participants <u>must have</u> Swimmer Stage 4 - Wk 6 - exam for badge and automatic entry into the District's Bothamley Cup Competition for Lifesaving - Badge and certificate included in the cost
Requirements	<ol style="list-style-type: none"> 1. Know and understand the Water Safety Code. 2. Discuss the dangers of inland and coastal waters. 3. Demonstrate (in water) the actions of the following casualties: <ol style="list-style-type: none"> (a) a non-swimmer (b) a weak swimmer (c) an injured swimmer 4. Wearing a long-sleeved shirt and trousers demonstrate the following personal survival skills: <ol style="list-style-type: none"> (a) two safe entries and explain when they should be used (b) tread water for two minutes, one minute waving for help (c) the H.E.L.P. position; then, with at least two others, take up and hold the 'huddle' for two minutes, using life-jackets or buoyancy aids 5. Demonstrate the following rescues using methods approved by the RLSS UK: <ol style="list-style-type: none"> (a) choose from a selection of aids and demonstrate a reach or throw rescue of a conscious casualty who may be between 2m and 8m from the edge of the water (b) enter shallow water and demonstrate a wading rescue (c) enter shallow water and demonstrate a non-contact rescue of a conscious casualty 20m away (d) swim 50m to a weak swimmer and conduct a non-contact tow for 50m using the aid of your choice; assist the person to land and treat for shock (e) rescue a casualty who is unconscious and floating face down 10m away in deep water; tow to shallow water and assess condition; with help safely remove the casualty from the water and lie them on their back 6. Know when and how to use expired air ventilation (EAV); demonstrate on a manikin and demonstrate how to summon qualified medical help 7. With a person acting as the casualty, demonstrate the action you would take if the casualty were to vomit; place the casualty in the recovery position 8. Discuss how a rescuer might feel after an incident 9. Explain (and show an understanding of the risks associated) actions to take in the following cases: (a) falling through ice; (b) house fire; (c) gas leak; (d) car accident; (e) someone who has touched a live wire
Course Leader	James Allen, Tony Elwood, Barbara Morgan



Athlete Activity Badge



When?	Saturday 12 th June 2010						
Where?	Norman Park Athletics Track, Hayes Lane, Bromley, BR2 9EF						
How much?	£5.00 per Scout						
What?	<ul style="list-style-type: none"> - An afternoon of track and field activities - Take part in your own selection of activities to achieve the badge - Discussion in small groups with a Leader about the safety rules associated with athletics activities - Badge and certificate included in the cost 						
Requirements	<ol style="list-style-type: none"> 1. Demonstrate an appropriate warm-up and warm-down routine using all the main muscle groups. Explain why both routines are advisable. 2. Discuss the safety rules associated with athletics, particularly throwing and jumping events. 3. Compete in any three events (two track and one field, or vice versa) and gain points as indicated on the score chart below. 						
		100m	200m	300m	400m	800m	1500m
		Sprint	Sprint	Female	Male		
Points		Sec	Sec	Sec	Sec	Min/Sec	Min/Sec
10		13.4	28.0	44.0	64.0	2.30	5.10
9		14.0	28.8	47.0	67.0	2.40	5.25
8		14.7	31.4	51.0	71.0	3.00	5.45
7		15.3	32.6	55.0	75.0	3.10	5.50
6		15.8	33.2	59.0	79.0	3.20	6.20
5		16.3	34.0	63.0	83.0	3.40	6.50
4		16.8	35.5	68.0	88.0	4.00	7.30
3		17.6	38.3	74.0	94.0	4.20	8.00
2		18.3	40.0	80.0	100.0	4.40	8.30
1		20.0	45.0	100.0	120.00	5.00	9.30
		High Jump	Long Jump	Shot	Discus	Cricket ball	
Points		Metres	Metres	Metres	Metres	Metres	
10		1.60	5.00	9.5	35.0	65.0	
9		1.40	4.75	8.5	29.0	55.0	
8		1.30	4.40	7.2	22.0	50.0	
7		1.25	4.20	6.5	17.0	45.0	
6		1.20	4.00	5.5	14.0	35.0	
5		1.00	3.75	4.1	12.0	30.0	
4		0.90	3.30	3.7	10.0	25.0	
3		0.85	2.80	3.3	9.0	20.0	
2		0.80	2.45	2.8	8.5	15.0	
1		0.75	2.10	1.8	6.0	10.0	
Minimum points total for award for badge							
		Female			Male		
Under 11		6			8		
Under 12		9			12		
Under 13		13			15		
Under 14		17			20		
Under 15		22			24		
Course Leader	Tom Abbott						



Swimmer Activity Badge

Stages 1, 2, 3, 4, 5




When?	Saturday 16 th October 2010						
Where?	Downham Leisure Centre, Moorside Road, Bromley, BR1 5EP						
How much?	£4.00 plus an additional £1.00 for taking a second badge						
What?	<ul style="list-style-type: none"> - Exams covering all of the requirements outlined below - Participants may attempt more than one stage (except stages 4 and 5) 						
Requirements	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5		
	Safety	Know the safety rules and where it is safe to swim locally					
	Enter pool	Perform a controlled entry into at least 1.5m	Demonstrate a controlled entry or dive from the side of the pool, into at least 1.5 metres of water	Demonstrate a racing dive into at least 1.5 metres of water and straddle jump into at least two meters of water			
	Short swim	10m front	10m front 10m back 10m back (legs only)	50m in shirt and shorts	100m in less than 4 minutes	100m in short & shorts. Remove clothing, exit pool unaided Time: 3 min	
	Tread water	30 seconds	3 minutes	3 minutes with 1 hand behind their back	5 minutes	5 minutes (inc. 3 min - 1 arm out of water)	
	Water skills	Using a buoyancy aid, float in water for 30s. Demonstrate ability to retrieve an object from chest deep water. Perform a push and glide on both their front and back.	Surface dive into at least 1.5 metres of water and touch the bottom with both hands. Mushroom float for ten seconds. Enter the pool and push off from the side on their front and glide for five metres. From the side of the pool, push off on their back and glide for as far as possible.	Surface dive into 1.5m of water and recover an object with both hands from the bottom. Return to the side of the pool holding the object in both hands. Enter the water from the side of the pool by sliding in from a sitting position. Using any floating object for support, take up and hold the H.E.L.P. for five minutes	Surface dive into 1.5 metres of water, both head first and feet first and swim at least five metres under water on both occasions. Enter the water as for unknown depth. Swim ten metres to a floating object and use it to take up and hold the Heat Escape Lessening Posture for five minutes.	Scull on back, head first for 10m then feet first for 10m. Move into a tuck position and keeping their head out of the water, turn 360°. Swim 10m, perform a somersault without touching the side of the pool & continue to swim in the same direction for a further 10m. Demonstrate the H.E.L.P. Demonstrate a surface dive, both head and feet first into 1.5m of water.	
	Distance	25 metres	100 metres	400 metres	400m front 400m back	1000m (200m of 3 strokes) Time: 35 min	
Course Leader	Kevin Burford						



Circus Skills Activity Badge



When?	Tuesday evenings 7.00-9.00pm February: 23 rd March: 2 nd , 9 th , 16 th , 23 rd Saturday 20 th March 10.00am-4.00pm
Where?	14 th Bromley Scout HQ, Carey Scutt Hall, Plaistow Lane, Bromley [opp. Bromley Cricket Club]
How much?	£30.00 per Scout
What?	<ul style="list-style-type: none">- A 5-week course covering selected skills from those listed in the requirements including 3 weeks with a trained circus skills instructor- Pack for <u>every participant</u> including diablo sticks, three juggling balls, three juggling scarves, spinning plate and instruction leaflet all in a drawstring bag- Badge and certificate included in the cost- A one-day visit to Covent Garden (lunch and travel not included)- No prior knowledge or experience necessary
Requirements	<ol style="list-style-type: none">1. Select one skill from any two of the five alternatives below. Under experienced guidance, show by continuing effort some achievement in the two selected skills. Demonstrate the two selected skills before an audience.<ol style="list-style-type: none">i. Aerial: Trapeze, Roman Rings, Aerial Ladder, Aerial Rope, Wire Walking or related skillsii. Balance: Trick-cycling, Stilts, Ladder, Tightrope, Wire Walking, Perch, Roller Bolo, Slack-ropeiii. Manipulative: Plate Spinning, Cigar Boxes, Club Swinging, Devil Sticks, Diablo Sticks, Jugglingiv. Ground: Handstands, Tumbling, Acrobaticsv. Clowning: Including make-up and costume2. Find out about aspects of circus life, and discuss these with an adult.3. Observe at least two circus or street performers events and discuss these.
Course Leader	Stephen Smith,  Entertainment



Artist Activity Badge



When?	Tuesday evenings 7.00-9.00pm February: 23 rd ; March: 2 nd , 9 th , 16 th , 23 rd
Where?	14 th Bromley Scout HQ, Thompson Hall, Plaistow Lane, Bromley [opp. Bromley Cricket Club]
How much?	£15.00 per Scout
What?	<ul style="list-style-type: none">- A five-week course taught by a trained Art teacher with exciting opportunities to learn the tricks of the trade!- All art materials provided in the cost (no hidden extras!)- Badge and certificate included in the cost- Work undertaken in between the sessions is expected of all participants- No prior knowledge or experience necessary- All abilities catered for
Requirements	<ol style="list-style-type: none">1. Paint or draw an illustration of a scene from a story agreed beforehand.2. Paint or draw either a person from life or an object set before you.3. Paint or draw a landscape as agreed with an appropriate adult.4. Show a selection of your recent work.
Course Leader	Megan Smith



Bromley District Scouts Activity Badge Programme Application Form



Scout Troop	
Scout's Name	
Address	
Home phone	
Mobile phone	
Date of Birth	
Email	

I would like to take part in the following activity badge(s):

Pioneer	Mechanic	Lifesaver
Athlete	Circus skills	Artist

<u>For Lifesaver activity badge only – please circle as applicable</u>	4	5
I can confirm that I have Swimmer Activity Badge Stage -		

I enclose the following payment, payable to “**Bromley District Scouts**”:

Pioneer £10.00	Mechanic £10.00	Lifesaver £35.00	Athlete £5.00	Circus skills £30.00	Artist £15.00
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Signed (parent/carer)	
Date	

Please return to:
 James Allen
 13 The Heights, Foxgrove Road, Beckenham, Kent, BR3 5BY
 07710-317596 / 020-8658-3034
adc.scouts@bromleyscouts.org